

ABSTRACT OF THE DISCLOSURE

A hydrogen occluding material which occludes much more hydrogen than conventional alkali metal hydride (such as NaAlH_4) through reversible reactions and yet permits hydrogen occlusion and release in one stage at a lower operating
5 temperature, and a method for using said hydrogen occluding material are provided.

A hydrogen occluding material which comprises an aluminum hydride represented by the formula (1) below.



(where $0 \leq x \leq 3$.)

10 A method for using a hydrogen occluding material, said method comprising hydrogenating and/or dehydrogenating at 200°C or below a hydrogen occluding material composed of an aluminum hydride represented by the formula (1) above.